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Pilot study of anxiety, depression, and quality of life in patients with the diagnosis of metastatic uveal melanoma

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Awareness of a patient's anxiety, depression, and quality of life (QOL) in those with metastatic uveal melanoma (MUM) can influence care that meets patients' bio-psycho-social-spiritual needs. Objectives: To measure the level of anxiety, depression, and QOL in MUM patients and explore differences by gender, age range, time to metastatic disease, and duration of illness since metastasis. Methods: We used a descriptive-comparative design. From 9/1/2017 - 12/1/2017, a convenience sample of 70 MUM patients aged ≥ 18 years, treated at a Mid-Atlantic hospital were invited to complete a combined survey of the Hospital Anxiety and Depression Scale and the World Health Organization Quality of Life-BREF. Results: There were 65 respondents (93% response rate). 30.8% (n=20) had at least borderline anxiety, 13.8% (n=9) had at least borderline depression, and 32.3% (n=21) had a decrease in global QOL. Patients aged 18 to ≤ 60 years had a significantly higher anxiety score (7.52 ± 3.65 ; $p=0.003$) and lower QOL in environmental health (32.48 ± 5.23 ; $p=0.006$). There was a significant difference in anxiety scores by the duration of illness since metastasis (< 1 year [7.79 ± 3.72], >1 year to <5 years [5.75 ± 3.45], > 5 years [3.70 ± 2.79]; $p=0.01$). No differences were found by gender or time to metastatic disease. Conclusions: Up to 30% of participants had at least borderline anxiety and a decreased global QOL while up to 10% had at least borderline depression. These findings support the integration of bio-psycho-social-spiritual practices in the care of MUM patients.

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